

## HEALING HANDS

by Laurie A. Monroe

Each one of us has the ability to open to greater awareness of the universal energies and the energy of spirit. These energies exist all around us, and the more we invite spirit to penetrate the denseness of matter, the more our consciousness can encompass.

Last year, I was fortunate to be able to attend the annual Instrumental Transcommunication (ITC) conference in Brazil. After the ITC meeting, our group traveled to several spiritual sites. One of our destinations was the Frei Luiz Center, located near Rio de Janeiro. Frei Luiz is on the other side. He bequeathed his home as a philanthropic, non-profit institution, which provides both social assistance to needy people and spiritual assistance and treatment for the general public. We were asked to prepare ourselves by eating fruits, vegetables, and having no meat, no alcohol, and no cigarettes for two days prior to the scheduled session. We were to wear white clothing and dress comfortably for the event. I had heard of "spiritual healers" in Brazil and was fascinated to be able to participate in an actual session. Prior to leaving the hotel, I listened to *The Visit* and stated my intent to be one with spirit.

Upon our arrival we were greeted by Tais, a wonderful woman who has been operating the facility with her father for the past twenty years. After giving a brief history of the center, she announced that the Doctors were ready. The waiting room was dimly lit with a soft red light. We were asked to pray. The four Doctors who would perform the healing were non-physical. The physical doctors do this work separately from their regular medical practices. They carefully explained that they were merely conduits for the energy of the physicians on the other side.

I was among the first half of our group to enter the treatment room. As I lay on the bed, my state of awareness deepened and expanded. When one of the doctors moved his hands a few inches above my body, it felt as if I were physically expanding upward. As he moved to the person beside me, I continued to breathe deeply, opening to this loving and sensitive energy. After everyone present had been treated, the doctors and Tais stood talking softly in the middle of the room. I lay quietly and sensed the energies of many spirits moving all around me.

Tais came over to me, held my hand, and explained that the spirit of Frei Luiz was there with us. She whispered in my ear, "He is asking you to be the one to have surgery for the group. The healing has taken place, yet the physical manifestation needs to be seen so that others will believe." As the doctor came over to me, I reaffirmed my intention. Gently, he touched me physically just below my rib cage. Then it felt as if his entire arm was inside my body in that area. There was no pain. Slowly, a tingling sensation moved throughout my entire body and

narrowed to a feeling of vibration up and down my spine. I focused on the energy as it moved up through my body in a circular kind of motion. It was flowing in and through me and back to the source. I felt secure and full of love, at one with this energy. The doctor then removed his hand from my physical body and worked with the energy surrounding me. An aquamarine crystal materialized in his hand as it moved above my heart. He handed it to Tais and stepped away from me. As I lay there in total gratitude, Tais put the crystal into my hand. It was extremely hot. With tears in her eyes she said, "Spirit has asked that you take this with you and spread the word of the healing that has taken place." We hugged each other lovingly.

This personal experience reconfirmed my view that we are all aspects of spirit. Knowing and feeling its presence is simply a matter of opening to less dense vibrations. At the Frei Luiz Center, my clear intention created the higher state of awareness necessary for experiencing the wholeness of who I am. Everyone can learn more of their essence by consciously directing intent— it's an interactive process. My thoughts and attitude created the opportunity for transformational change and allowed a greater inflow of spirit into my daily life. The aquamarine crystal reminds me that my indwelling spirit is connected to all things. That Knowing opens absolutely wonderful capabilities to do and be so much more!

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